

# ANGER

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
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## WHAT IS ANGER?

Anger is a human emotion. It is natural and everyone feels it from time to time. Feeling anger is quite normal, but **NO ONE CAN MAKE YOU FEEL ANGRY. YOU ARE THE ONE WHO DECIDES HOW TO FEEL**

Aggression is a behavior. It is the way people act when angry. It is important to understand the difference between anger and aggression. Anger is **OK** but aggression and violence are not.

## WHAT CAUSES ANGER?

There are many reasons why you may become angry. Anger is connected to the way you **think and feel**.

The way that you **behave** when you are angry is based on what you have learned in your life. Some of these behaviors can get you in trouble. Be aware that you can “unlearn” behaviors that get you in trouble. Then you can learn new ways of behaving when you are angry that will not get you in trouble.

## WHAT DOES ANGER DO TO YOUR BODY?

Anger affects your body. Anger can increase adrenaline and other chemicals in the blood stream. This will:

- ✓ Cause the heart to pump faster.
- ✓ Raise blood pressure.
- ✓ Tense the muscles.
- ✓ Cause dry mouth.
- ✓ Upset the stomach.
- ✓ Cause sweating.



The way anger affects the body is usually not harmful. However, over a long period of time, uncontrollable anger can cause health problems. To avoid this, you must control anger.

## How can you control your anger?

1. First, you need to learn to recognize when you are angry. Think about what happens to your body when you get angry.
2. **When** you feel angry, try to identify why. What was the trigger? Was it something that happened or was it something someone did or said to you?
3. Once you know what triggers you to become angry, you need to control how you are going to react or behave. **THE CLEARER YOU CAN COMMUNICATE YOUR THOUGHTS AND FEELINGS TO YOURSELF AND OTHERS, THE EASIER THIS WILL BE.**

Using one of the three following techniques may help you in controlling your behavior when you get angry.

- ❖ **Solve Your Problems.** Identify the problem that made you angry and solve it.
- ❖ **Self-Talk.** Talking to yourself may make you less angry. This will start to calm you and allow you to maintain control of your behavior.
- ❖ **Stay Calm When Others Are Angry.** If you are calm, you are able to listen to what others say and can understand their feelings. This will help avoid arguments and will help keep you from feeling angry.

## HOW CAN YOU GET HELP?

If you are easily angered, or can not control your behavior once you become angry, you may need to ask for help. **Counseling and Treatment Services may offer anger management groups to assist inmates in learning to control anger.** Remember when anger is not expressed in appropriate ways, it can hurt yourself and/or somebody else.